



MAYER MEDIATION MINUTE: Breathe

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Emotions can run high in mediation. When that happens, the best solution is to breathe.

Just breathe. Breathe in. Breathe out.

Taking that moment to calm yourself can help you move forward in the mediation. So, when you feel the emotions building, just breathe.

Inhale. Exhale. Repeat.

Take a breath before you speak.
Take a breath before you react.
Take a breath before you respond.
Take a breath before you reject.
Take a breath before you decide.

This is true for the parties. And their attorneys. And the mediator.

So, remember, when emotions run high, stop, breathe, and then engage.

Disclaimer: Nothing contained herein constitutes legal advice nor does anything contained herein create a professional relationship.